



Quick And Nourishing Recipes For Busy Runners

Created by Amanda Wagner Nutrition



Blueberry Chia Pancakes

8 ingredients · 20 minutes · 3 servings



Directions

1. Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
2. Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size

One serving equals two to three 4-inch pancakes.

More Flavor

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings

Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana

Use applesauce instead.

No Oat Milk

Use dairy or any alternative milk.

Batter Consistency

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Make it Vegan

Make with a flax egg instead (1 T ground flaxseed + 3 T water).

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	276	Sodium	206mg
Fat	11g	Potassium	380mg
Saturated	2g	Vitamin A	139IU
Carbs	39g	Vitamin C	5mg
Fiber	7g	Calcium	216mg
Sugar	11g	Iron	2mg
Protein	8g	Vitamin D	14IU
Cholesterol	62mg	Vitamin E	1mg

Tofu Scramble with Lentils & Spinach

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
2. Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
3. Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately to two cups.

More Flavor

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **stalks** Green Onion (chopped)
- 2 **Garlic** (clove, minced)
- 14 **ozs** Tofu (crumbled)
- 1 **tbsp** Nutritional Yeast
- 1 **tsp** Turmeric
- 1/2 **tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Lentils (cooked)
- 2 **cups** Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	462	Sodium	52mg
Fat	15g	Potassium	1322mg
Saturated	2g	Vitamin A	3316IU
Carbs	48g	Vitamin C	14mg
Fiber	20g	Calcium	649mg
Sugar	6g	Iron	13mg
Protein	42g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Creamy Apple Pie Protein Oatmeal

8 ingredients · 20 minutes · 1 serving



Directions

1. Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
2. Cook the oats according to the package directions.
3. Stir the protein powder into the yogurt.
4. Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size

One serving is approximately two cups.

Additional Toppings

Cinnamon, chia seeds, ground flax seeds, nuts.

Make it Vegan

Use a vegan/ non-dairy higher protein yogurt instead, such as Sigg'i's Plant-Based or Kite Hill.

Ingredients

- 1/2 Apple (diced small)
- 1 **tbsp** Water
- 1 **tbsp** Maple Syrup (plus more for garnish)
- 1/2 **tsp** Cinnamon (plus more for garnish)
- 1/2 **cup** Oats (rolled)
- 2 **tbsps** Vanilla Protein Powder
- 1 **cup** Plain Greek Yogurt
- 1 **tbsp** Hemp Seeds

Nutrition

Amount per serving

Calories	535	Sodium	166mg
Fat	13g	Potassium	473mg
Saturated	4g	Vitamin A	1304IU
Carbs	68g	Vitamin C	19mg
Fiber	8g	Calcium	625mg
Sugar	28g	Iron	4mg
Protein	40g	Vitamin D	99IU
Cholesterol	36mg	Vitamin E	0mg

Spicy Black Bean & Lentil Salad

10 ingredients · 10 minutes · 1 serving



Directions

1. In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
2. In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
3. Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three cups.

Ingredients

- 1 cup Black Beans (cooked)
- 1 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	569	Sodium	39mg
Fat	9g	Potassium	1860mg
Saturated	1g	Vitamin A	7010IU
Carbs	92g	Vitamin C	188mg
Fiber	34g	Calcium	139mg
Sugar	10g	Iron	12mg
Protein	36g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	6mg

Chicken & Chickpea Pasta Salad

9 ingredients · 20 minutes · 3 servings



Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
3. In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is about 1 1/2 cups of pasta salad.

Make it Vegan

Use tofu or tempeh instead of chicken.

More Flavor

Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.

Ingredients

- 4 1/2 ozs Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Breast (cubed)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 2 tbsps Red Onion (thinly sliced)
- 1/2 Lemon (zested and juiced)

Nutrition

Amount per serving

Calories	383	Sodium	313mg
Fat	11g	Potassium	713mg
Saturated	2g	Vitamin A	512IU
Carbs	29g	Vitamin C	12mg
Fiber	7g	Calcium	52mg
Sugar	6g	Iron	5mg
Protein	45g	Vitamin D	2IU
Cholesterol	110mg	Vitamin E	2mg

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

Nutrition

Amount per serving

Calories	465	Sodium	175mg
Fat	17g	Potassium	1341mg
Saturated	3g	Vitamin A	1370IU
Carbs	40g	Vitamin C	165mg
Fiber	8g	Calcium	128mg
Sugar	3g	Iron	4mg
Protein	43g	Vitamin D	798IU
Cholesterol	72mg	Vitamin E	5mg

Chicken & Kale Skillet with Chickpea Pasta

8 ingredients · 20 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
3. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
4. Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

Make it Vegan

Omit the chicken.

More Flavor

Add minced garlic, lemon juice, parmesan and/or shallots.

Additional Toppings

Freshly parsley and/or hemp seeds.

Ingredients

5 ozs Chickpea Pasta (dry)

1 tbsp Extra Virgin Olive Oil

10 ozs Chicken Breast (skinless, boneless, cut into strips)

Sea Salt & Black Pepper (to taste)

8 cups Kale Leaves (stems removed and leaves chopped)

1/4 cup Water

1 1/2 tsps Lemon Juice

1 1/2 tsps Red Pepper Flakes

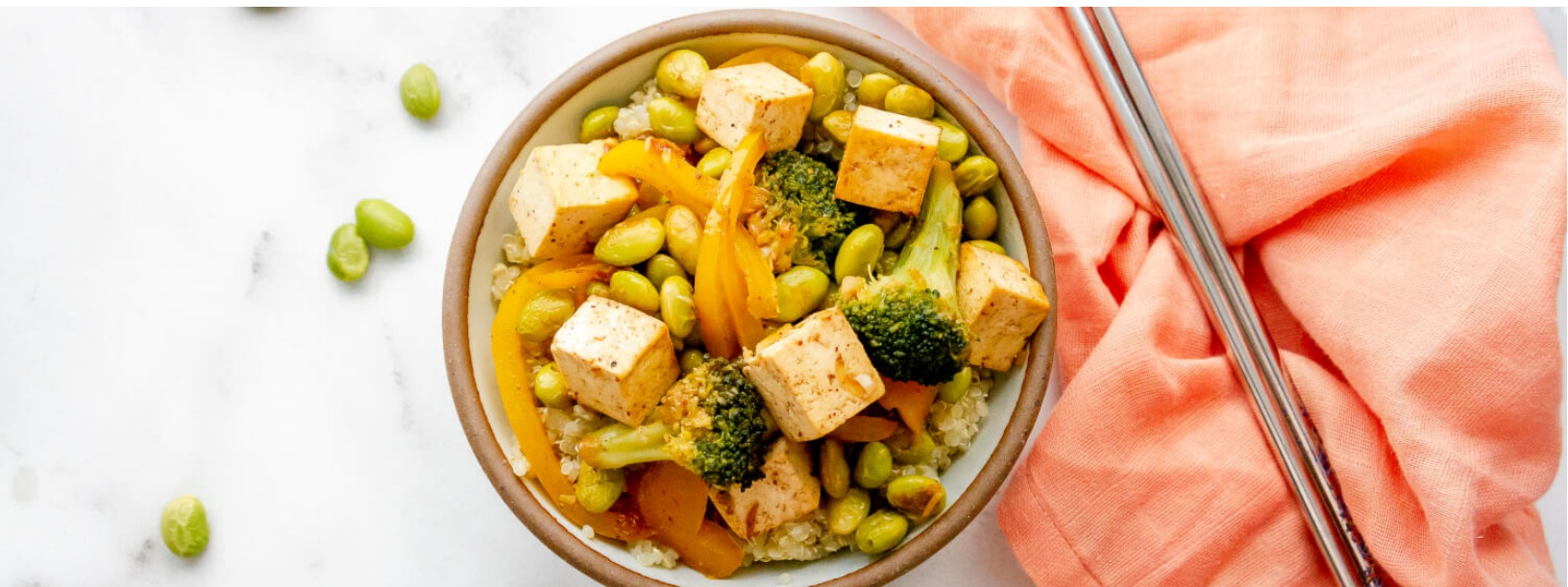
Nutrition

Amount per serving

Calories	500	Sodium	184mg
Fat	16g	Potassium	795mg
Saturated	2g	Vitamin A	4646IU
Carbs	45g	Vitamin C	81mg
Fiber	14g	Calcium	275mg
Sugar	7g	Iron	9mg
Protein	52g	Vitamin D	1IU
Cholesterol	103mg	Vitamin E	3mg

Tofu & Veggie Quinoa Stir Fry

10 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions.
2. In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
3. Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
4. Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor

Add minced shallots, garlic, and green onions.

Additional Toppings

Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce

Use tamari or coconut aminos instead.

Ingredients

- 2/3 cup Quinoa (dry)
- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Bell Pepper
- 1 cup Broccoli (cut into florets)
- 1 cup Frozen Edamame
- 12 ozs Tofu (cubed)
- 1 tsp Chinese Five Spice
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Rice Vinegar

Nutrition

Amount per serving

Calories	528	Sodium	469mg
Fat	21g	Potassium	1254mg
Saturated	3g	Vitamin A	708IU
Carbs	55g	Vitamin C	216mg
Fiber	12g	Calcium	589mg
Sugar	4g	Iron	9mg
Protein	37g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	3mg

Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size

One serving is equal to approximately two cups.

Soy-Free

Use coconut milk or oat milk instead.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Consistency

If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	523	Sodium	213mg
Fat	25g	Potassium	1074mg
Saturated	3g	Vitamin A	63IU
Carbs	42g	Vitamin C	23mg
Fiber	10g	Calcium	652mg
Sugar	24g	Iron	5mg
Protein	39g	Vitamin D	0IU
Cholesterol	4mg	Vitamin E	5mg

Brownie Batter Protein Balls

7 ingredients · 40 minutes · 6 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Ingredients

- 1/3 cup** Pitted Dates (packed)
- 2 cups** Black Beans (cooked)
- 1/2 cup** Chocolate Protein Powder
- 1/3 cup** Pumpkin Seed Butter
- 1/2 tsp** Sea Salt
- 1 tbsp** Cacao Powder
- 1/2 cup** Dark Chocolate Chips (optional)

Nutrition

Amount per serving

Calories	342	Sodium	250mg
Fat	15g	Potassium	321mg
Saturated	8g	Vitamin A	4IU
Carbs	33g	Vitamin C	0mg
Fiber	7g	Calcium	58mg
Sugar	15g	Iron	4mg
Protein	16g	Vitamin D	0IU
Cholesterol	1mg	Vitamin E	1mg